

Impact of a Mindfulness Intervention in Adolescents with Obesity: A Feasibility Study Protocol

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Community-based programs can impact an individual's habits and routines. Research has also shown that community-based occupational therapy programs focused on health and wellness can impact adolescents' daily habits, routines, roles, and their families (Kugel et al., 2016; Persch et al., 2015). Children and adolescents who are obese are at a greater risk for hypertension, Type 2 diabetes, and musculoskeletal issues, as well as mental health, and social issues (Cantal, 2019). Mindfulness programs can facilitate improved physical and mental health in adolescents.

- The aim of this study will be to evaluate the feasibility of implementing Mindful Habits, a four-session mindfulness community program for adolescents with obesity.
- Mindful Habits was adapted from Learning to BREATHE (L2B), a mindfulness curriculum for adolescents (Broderick, 2013).
- Using a mixed methods pre-post design measure, the participants will complete the Canadian Occupational Performance Measure (COPM) and Goal Attainment Scaling (GAS).
- Feasibility criteria will include recruitment, attrition, and knowledge.
- Synchronous face-to-face and online focus group interviews will be conducted via Zoom.
- Zoom interview data will be recorded, transcribed, and coded for common categories for thematic analysis.

Mindful Habits Program	
Session	Topics
1 - A Mindful Start Face-to-face	Welcome & program overview COPM, health assessment Group activity 1 Goal setting (GAS) Wrap up
2 – Mindful Goal Setting Zoom	Welcome & group check-in COPM, health assessment Group activity 2 Goal-setting check-in (GAS) Wrap up
3 – Mindful Awareness & Movement Zoom	Welcome & group check-in Mindful Movement Practice – Yoga Group activity 3 Goal-setting check-in (GAS) Focus group interview Wrap up
4 – A Mindful Lifestyle Face-to-face	Welcome & group check-in COPM, health assessment Group activity 4 Goal-setting check-in/achievement Focus group interview, health assessment Wrap up

Recruitment will begin in October 2022. Data collection and analysis are currently underway, and the results are expected at the end of 2022.

- The purpose of the Mindful Habits program is to increase adolescents' awareness of their daily and weekly routines to integrate physical activity and mindfulness habits into their routines.
- By addressing the mental and physical aspects of the person, adolescents are provided with opportunities to explore their habits and routines in a safe, supportive environment.
- The Mindful Habits program aims to increase health equity among this population by serving high-risk families and communities in New Orleans.
- Through this program, families will be provided with education, training, and support to improve their quality of life and health outcomes.



- The Pediatric Endocrinology team at Children's Hospital of New Orleans.
- Louisiana Leadership Education in Neurodevelopmental Disabilities (LEND) faculty, staff, and scholars at the Human Development Center at LSU Health – New Orleans.